

Culinary & Easy Biking Israel Experience Tour October 15 - 22, 2017

Presented by:

**The Jewish Post & News, Winnipeg
and the Yahavs at Metro Travel, Vancouver**

Day 1 – Sunday, October 15

Arrive at Ben Gurion International Airport.

Welcome to Israel!!!

Amiel representative airport assistance through arrival formalities.

Meet your guide at the bus and drive to **Old Jaffa** – for a beautiful panoramic view of the first Jewish city of the modern era, established in 1909.

Join a **tour of Tel Aviv's Levinsky market**, including tastings of local delicacies. During the 1930s, Tel Aviv was home to a small group of Jews from Saloniki, Greece. Before long, a range of spice shops and eateries opened up across the neighborhood, specializing in Balkan cuisine. With the creation of the State of Israel, an influx of Iranian immigrants to downtown Tel Aviv brought with it new tastes and herbs from Persian cooking. The magic of this marketplace lies in its many legendary tales of culinary growth and discovery.

Arrive at the hotel and Check in
Time to relax at the hotel

Dinner at the "Kitchen Market" restaurant. Situated at the Tel Aviv port, **"Shuk Hanamal"** is Israel's first covered market, established to answer the growing demand for daily access to high quality fresh and seasonal produce. Shuk Hanamal is a one stop shop for the best ingredients, both local and from around the world, available from a variety of specialty shops and stalls.

Overnight Tel Aviv

Day 2 – Monday, October 16

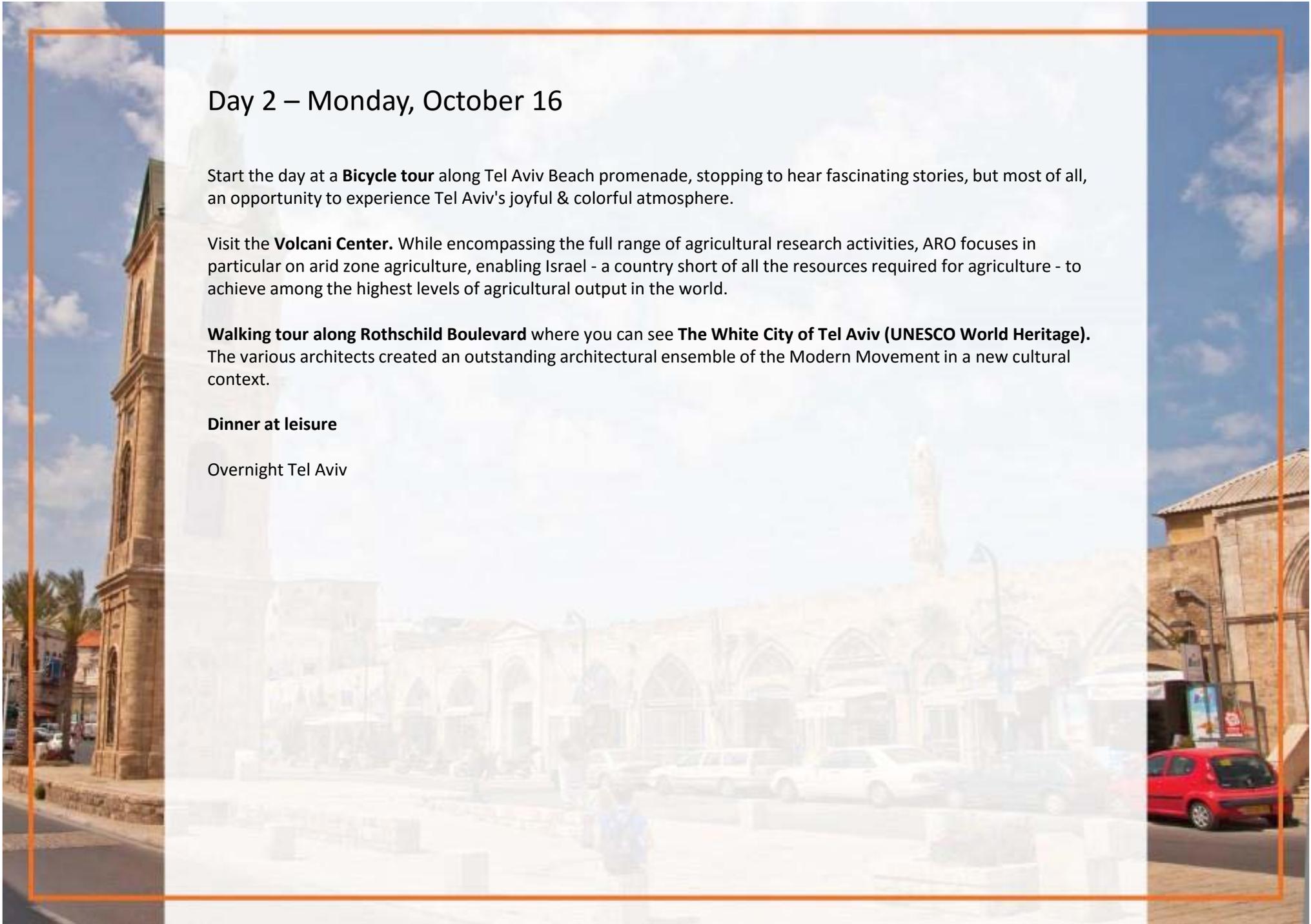
Start the day at a **Bicycle tour** along Tel Aviv Beach promenade, stopping to hear fascinating stories, but most of all, an opportunity to experience Tel Aviv's joyful & colorful atmosphere.

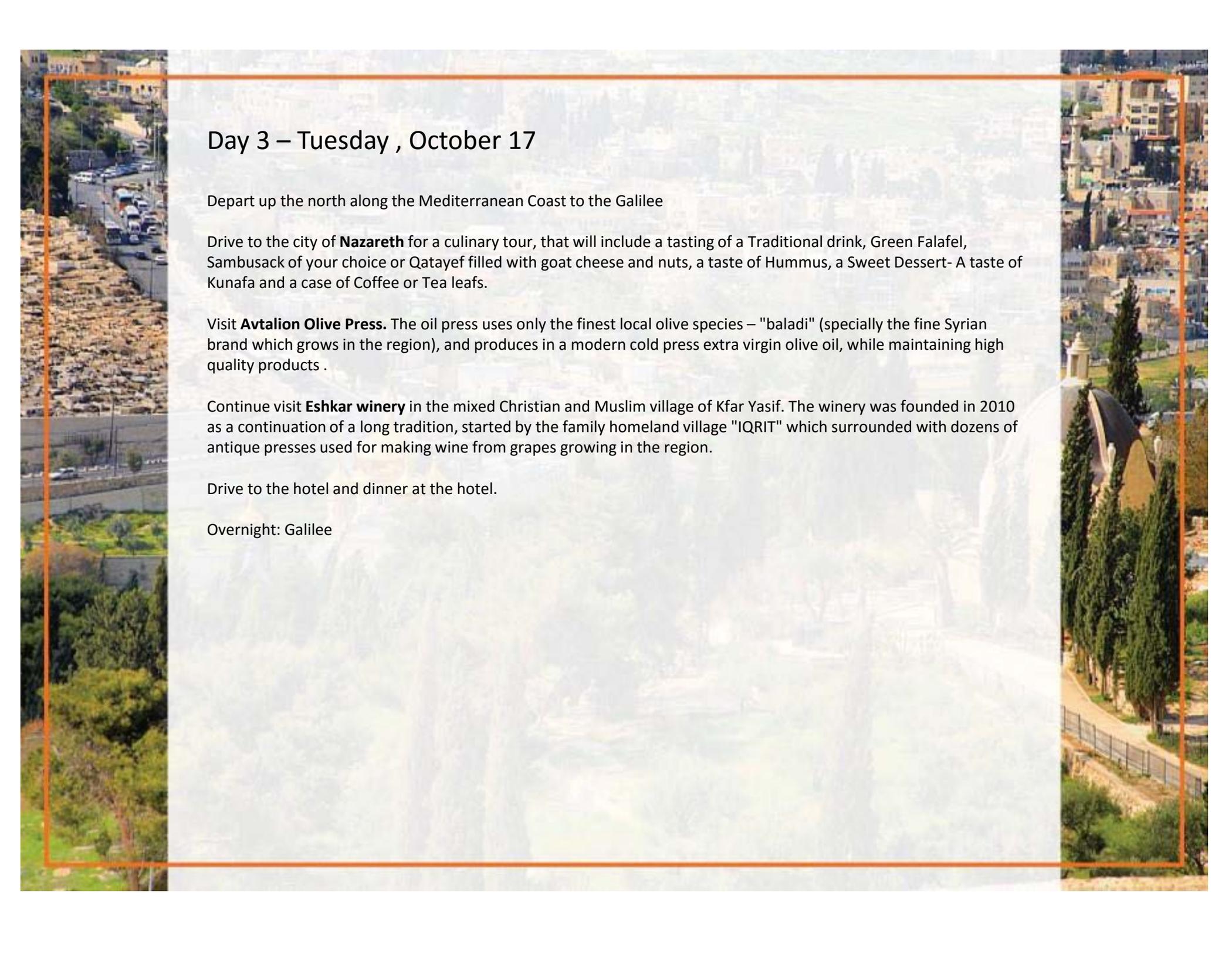
Visit the **Volcani Center**. While encompassing the full range of agricultural research activities, ARO focuses in particular on arid zone agriculture, enabling Israel - a country short of all the resources required for agriculture - to achieve among the highest levels of agricultural output in the world.

Walking tour along Rothschild Boulevard where you can see **The White City of Tel Aviv (UNESCO World Heritage)**. The various architects created an outstanding architectural ensemble of the Modern Movement in a new cultural context.

Dinner at leisure

Overnight Tel Aviv





Day 3 – Tuesday , October 17

Depart up the north along the Mediterranean Coast to the Galilee

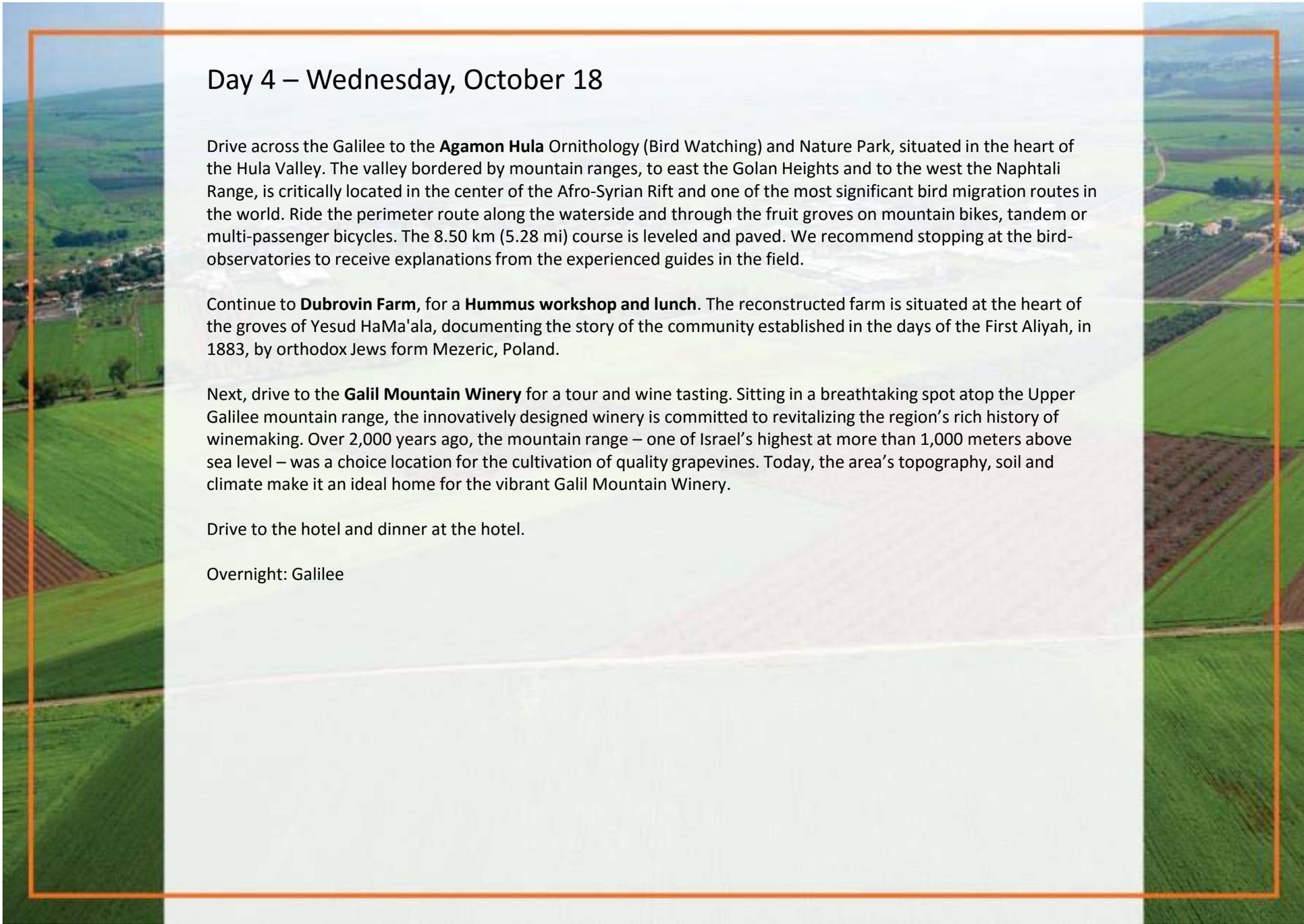
Drive to the city of **Nazareth** for a culinary tour, that will include a tasting of a Traditional drink, Green Falafel, Sambusack of your choice or Qatayef filled with goat cheese and nuts, a taste of Hummus, a Sweet Dessert- A taste of Kunafa and a case of Coffee or Tea leaves.

Visit **Avtalion Olive Press**. The oil press uses only the finest local olive species – "baladi" (specially the fine Syrian brand which grows in the region), and produces in a modern cold press extra virgin olive oil, while maintaining high quality products .

Continue visit **Eshkar winery** in the mixed Christian and Muslim village of Kfar Yasif. The winery was founded in 2010 as a continuation of a long tradition, started by the family homeland village "IQRIT" which surrounded with dozens of antique presses used for making wine from grapes growing in the region.

Drive to the hotel and dinner at the hotel.

Overnight: Galilee



Day 4 – Wednesday, October 18

Drive across the Galilee to the **Agamon Hula** Ornithology (Bird Watching) and Nature Park, situated in the heart of the Hula Valley. The valley bordered by mountain ranges, to east the Golan Heights and to the west the Naphtali Range, is critically located in the center of the Afro-Syrian Rift and one of the most significant bird migration routes in the world. Ride the perimeter route along the waterside and through the fruit groves on mountain bikes, tandem or multi-passenger bicycles. The 8.50 km (5.28 mi) course is leveled and paved. We recommend stopping at the bird-observatories to receive explanations from the experienced guides in the field.

Continue to **Dubrovin Farm**, for a **Hummus workshop and lunch**. The reconstructed farm is situated at the heart of the groves of Yesud HaMa'ala, documenting the story of the community established in the days of the First Aliyah, in 1883, by orthodox Jews from Mezeric, Poland.

Next, drive to the **Galil Mountain Winery** for a tour and wine tasting. Sitting in a breathtaking spot atop the Upper Galilee mountain range, the innovatively designed winery is committed to revitalizing the region's rich history of winemaking. Over 2,000 years ago, the mountain range – one of Israel's highest at more than 1,000 meters above sea level – was a choice location for the cultivation of quality grapevines. Today, the area's topography, soil and climate make it an ideal home for the vibrant Galil Mountain Winery.

Drive to the hotel and dinner at the hotel.

Overnight: Galilee

Day 5 – Thursday, October 19

Drive to Shuni Fortress, from which we will take a 2-3 hours easy **bike tour**, riding on a beautiful track between vineyards and orchards along Nahal Tananim, the Horshan Nature Reserve, the Ehud Garden and the old aqueduct.

Visit **Ancient Caesarea**, one of, if not Israel's, most impressive archaeological site. The beautifully restored harbor here was built by King Herod and is a work of engineering marvel. The site is a fascinating place to explore and the museum includes a great multimedia explanation of the history of the port.

Drive to Jerusalem and check in at the hotel.

Dinner at leisure

Overnight Jerusalem



Day 6 – Friday, October 20

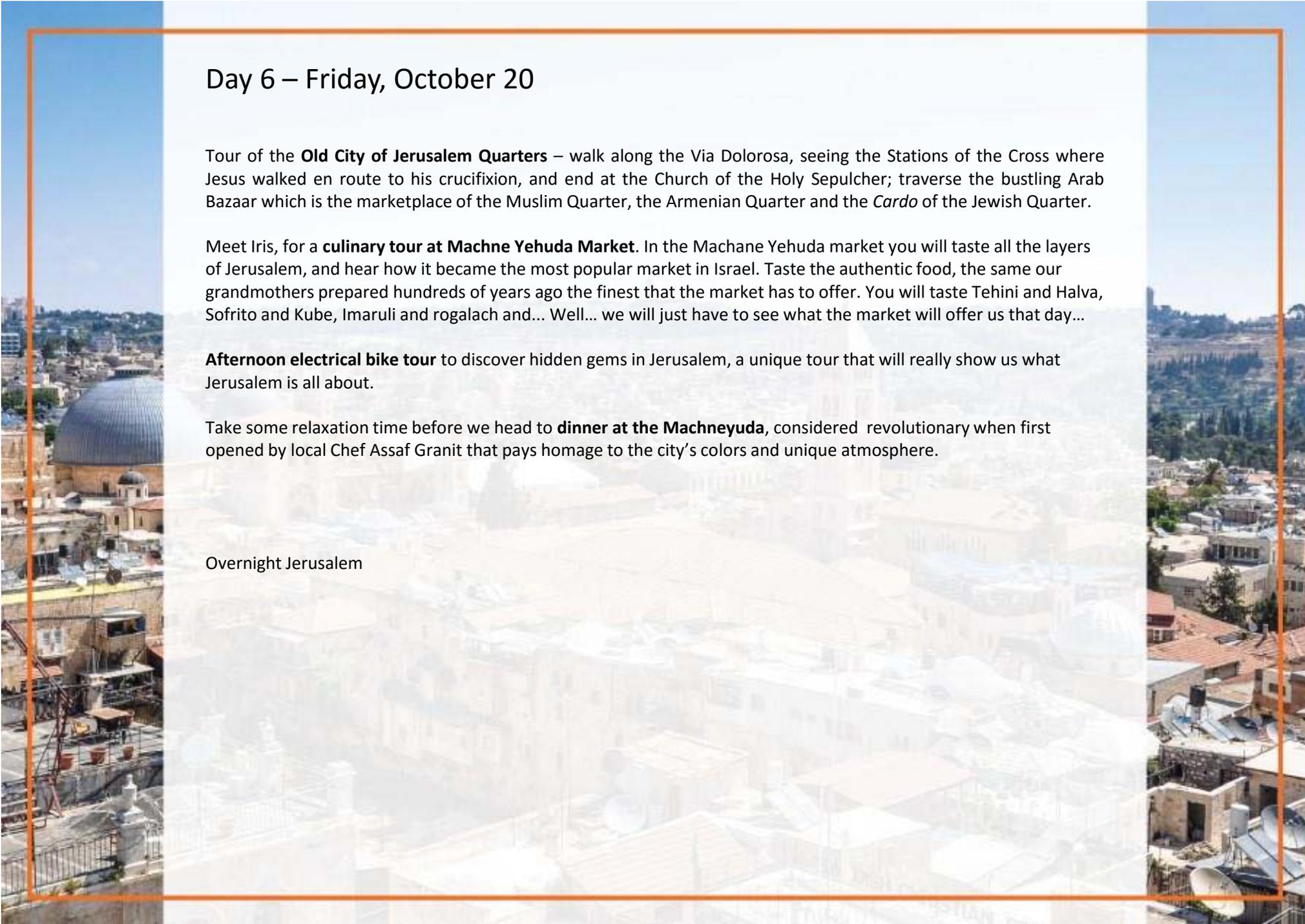
Tour of the **Old City of Jerusalem Quarters** – walk along the Via Dolorosa, seeing the Stations of the Cross where Jesus walked en route to his crucifixion, and end at the Church of the Holy Sepulcher; traverse the bustling Arab Bazaar which is the marketplace of the Muslim Quarter, the Armenian Quarter and the *Cardo* of the Jewish Quarter.

Meet Iris, for a **culinary tour at Machne Yehuda Market**. In the Machane Yehuda market you will taste all the layers of Jerusalem, and hear how it became the most popular market in Israel. Taste the authentic food, the same our grandmothers prepared hundreds of years ago the finest that the market has to offer. You will taste Tehini and Halva, Sofrito and Kube, Imaruli and rogalach and... Well... we will just have to see what the market will offer us that day...

Afternoon electrical bike tour to discover hidden gems in Jerusalem, a unique tour that will really show us what Jerusalem is all about.

Take some relaxation time before we head to **dinner at the Machneyuda**, considered revolutionary when first opened by local Chef Assaf Granit that pays homage to the city's colors and unique atmosphere.

Overnight Jerusalem



Day 7 – Saturday, October 21

Depart to the south of Israel.

The **Negev** is the friendliest desert in the world, with countless and unique geological formations, pristine landscapes, impressive biodiversity, and remains from ancient civilizations. It also holds unique communities both traditional and modern.

Visit **Ben Gurion's hut at kibbutz Sde Boker**. Our legendary Prime Minister moved to the kibbutz to set an example to the nation's youth in order for them to move south and help make the desert bloom. Ben-Gurion's hut illustrates, first and foremost, the lifestyle of a man whose personal example symbolized the genius of leadership.

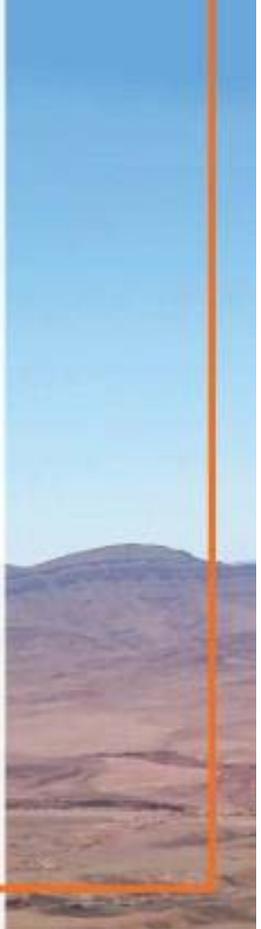
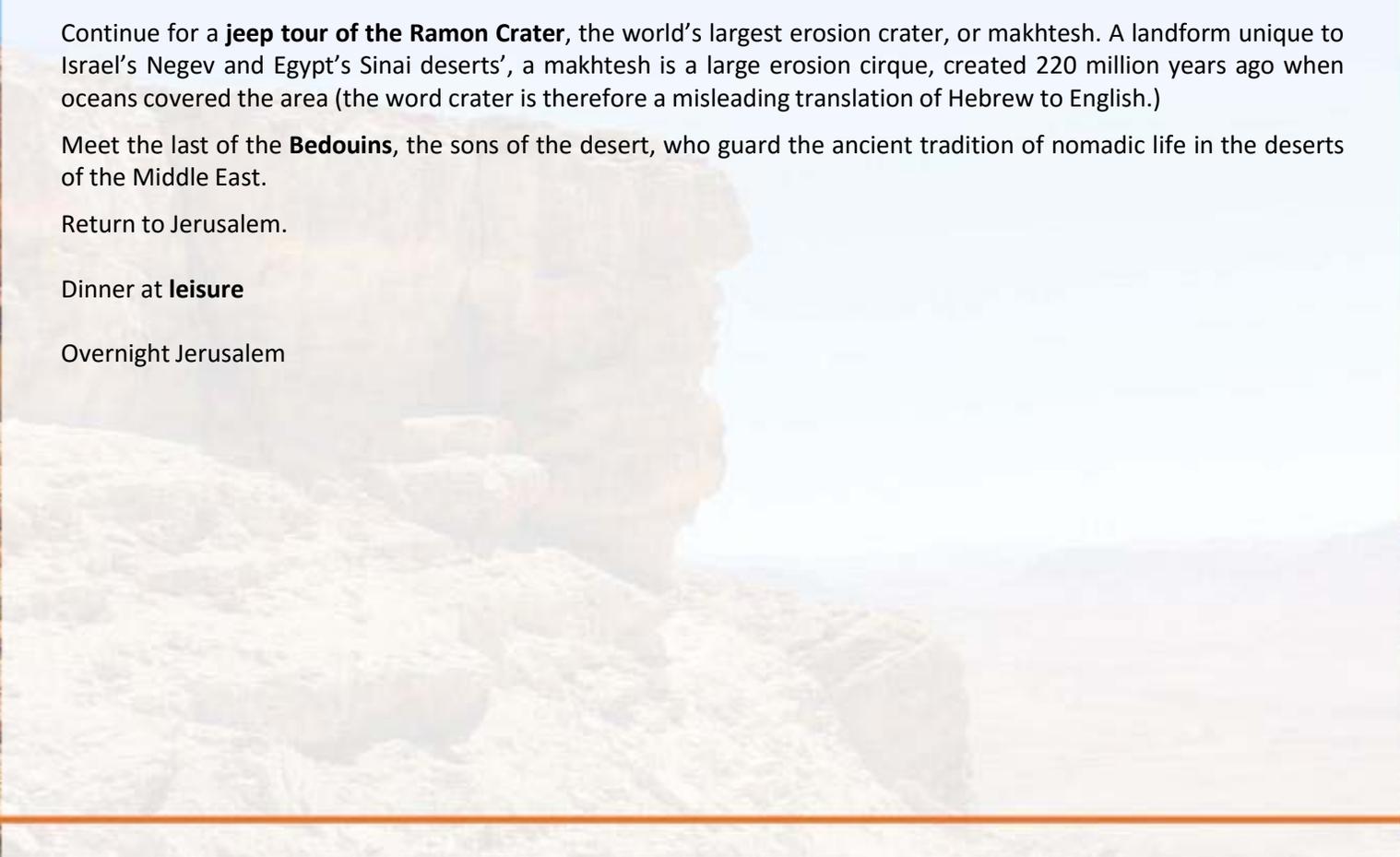
Continue for a **jeep tour of the Ramon Crater**, the world's largest erosion crater, or makhtesh. A landform unique to Israel's Negev and Egypt's Sinai deserts', a makhtesh is a large erosion cirque, created 220 million years ago when oceans covered the area (the word crater is therefore a misleading translation of Hebrew to English.)

Meet the last of the **Bedouins**, the sons of the desert, who guard the ancient tradition of nomadic life in the deserts of the Middle East.

Return to Jerusalem.

Dinner at **leisure**

Overnight Jerusalem



Day 8 – Sunday, October 22

Tour ends

Tour cost: \$2299 US (land only)

Full payment due 70 days prior to departure.

Tour is based on a minimum of 10 participants.

If we do not achieve this number and the tour is canceled, a full refund will be issued.

Tour includes:

- 7 nights overnight at 4 star hotels
- Pick up from BGN airport by guide & driver
- 7 full days with English speaking licensed tour guide
- 7 full days with AC minibus and driver
- Entrance fees and activities - as per program
- Meals: *Breakfasts at the hotels daily, and the following:*
 - Levinsky Market food tasting Oct 15
 - Dinner at Kitchen Market restaurant Oct 15
 - Nazareth culinary tour Oct 17
 - Dinner at hotel Oct 17
 - Hummus workshop and lunch at Dobrovin Farm restaurant Oct 18
 - Dinner at hotel Oct 18
 - Machane Yehuda food tasting Oct 20
 - Dinner at Machaneyuda restaurant Oct 20

For more information contact Naomi Yahav:

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